

## ECO Project – Starter game

This is all about how we take care of our planet. Just like we need to take care and look after ourselves, an important part of doing that is to take care and look after our environment and our planet.

To appreciate how we are part of everything around us and everything around us is part of us, we need to become more aware of being kind to our environment. By respecting and loving the environment, we are respecting and loving ourselves.

The following activity requires you to create your own environmental care plan. Have a go at answering the following questions. Give yourself a  for everything that you already do!

Let me know when you have completed it and I will send you a special thank you from one of Willow's Helpers!

When you have done this design a questionnaire for your friends to do with you. This time you might like to add some more of your own questions.

When you have done that – have a go at planning a 'Help the planet' Action promise plan. You can plan this with your family, or friends.

Please collect some evidence of what you are doing in your promises – this can be pictures, or stories – I will post them on HETwebsite to celebrate.



Here are some simple questions to get you started. When you write your own you can make it as comprehensive or as basic as you like:

- How often and when do you recycle items that you no longer need / use?
- How do the consumer items, which you buy, help protect the environment?
- What do you do voluntarily to help the community
- Do you use public transport / walk / cycle?
- How do you conserve energy? E.g., *buying energy saving light bulbs.*
- What biodegradable alternatives do you use?
- What plants, herbs, vegetables, fruits, trees, etc., do you grow?
- How do you keep the environment tidy?
- How much time a week do you spend walking / appreciating nature around you?
- How do you help the wild life?

*ENVIRONMENTAL CARE PROMISES*

| WHAT I DO TO HELP THE PLANET<br>ALREADY | HOW I CAN IMPROVE WHAT I DO TO<br>HELP THE PLANET |
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